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Type Registration	Definition	Price
Group rate	Register 20 or more	\$40
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Course #	Course Title	
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WEBINAR

**#7167 Clinical Practice Guidelines for
Carpal Tunnel with a Focus on Manual
Interventions... See the Light at the
End of the Tunnel**

**Instructor: Theresa A. Schmidt,
PT,DPT,MS,OCS,LMT,CEAS, www.Educise.com**

**Audience: Physical Therapists, Occupational
Therapists, Athletic Trainers, and Assistants**

**Delivery Options:
Live Webinar or Self-Study Options**

SUMMARY: Are you frustrated by the lack of positive outcomes for your clients with carpal tunnel syndrome (CTS)? Wish you had a better approach to offer? It is time to see the light at the end of that dark carpal tunnel. Some clinicians simply continue the old modalities and exercise approach for CTS, and watch their clients going for surgical decompression despite their best efforts. Did you know there are established clinical practice guidelines (CPGs) to help you manage this debilitating condition more effectively? Move beyond standardized rehab protocols and get a grip on CTS with manual therapy, a key component of successful outcomes for people with CTS, based on current CPGs. Streamline your exam and treatment when you home in on what tests are critical to identify CTS, what interventions really work, and begin to incorporate those interventions into your plan of care rapidly. Chronic strain and repetitive motion contribute to the inflammation of the flexor tendons and median nerve, with resultant fascia restriction, tingling, numbness, weakness, pain and stiffness. Managing the adhesions or scar tissue is key to restoring better mobility and function, to allow clients to tolerate exercise and activities with less pain. Integrate quality manual interventions with appropriate bracing and client education for successful results. Accelerate recovery with proven assessment and therapeutic techniques based on the latest CPGs for CTS and feel the satisfaction of success. Course instruction methods include: lecture, demonstration, videos, case studies and question/answers.

PRESENTER: Dr. Theresa Schmidt is an orthopedic physical therapy specialist and massage therapist integrating traditional and alternative medicine with emphasis on manual therapy, precision exercise, wellness, Reiki, hypnosis, and mindfulness. She presented for NASA/Inomedic, Johns Hopkins, Cleveland Clinic, Vanderbilt Med, Wake Med, and professional associations. She received her doctorate at UNE and served as faculty at Touro PT Programs and CUNY Queens Colleges in NY. She is a published author, Expert Consultant, Reiki Master Instructor, and hypnotherapist in private practice at Educise® in New Hampshire. www.Educise.com. ©2021 Educise PC All rights Reserved. Financial- Received a teaching honorarium from Motivations Inc. Nonfinancial- No relevant nonfinancial relationship exists.

OBJECTIVES: Upon completion of this course, the participant will be able to:

1. Recognize signs and symptoms of carpal tunnel syndrome (CTS).
2. List 5 risk factors for CTS.
3. List 5 examination tools for CTS.
4. Identify an assessment of progress to document response to CTS treatment.
5. List clinical practice guidelines (CPG) for CTS.
6. Determine 5 manual therapy interventions to address CTS impairments.
7. Recognize a plan of care for CTS using manual therapy.
8. Name current research on manual therapy for CTS.

FORMAT: This is a 3 contact hour course equivalent to 3 CEU's or 0.3 CEUs offered as a live webinar or self-study. Instructors present the live course content via an internet website displaying real time power points. Learners will receive a course instruction link. Instructors lecture through livestreaming internet on your computer. Questions may be asked during the webinar using the chat feature or the "raise hand" feature for live discussion.

PT CEU's: Motivations Inc is an approved provider of Physical Therapy continuing education by these professional bodies: Texas Chapter of the American Physical Therapy Association, ILDPR- Illinois Department of Professional Regulation Approved PT CE Sponsor, NY- New York State Education Department, Office of the Professions. Physical Therapy Board of California. Many state boards recognize these for pre-approval purposes. Contact us if you would like verification a state.

ATC CEU's: Motivations, Inc. (BOC AP #P2549) is approved by the Board of Certification, Inc. to provide continuing education to Athletic Trainers. This program is eligible for a maximum of 3 Category A hours/CEU's.



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AGENDA:

Pre-Study: 30 Minutes Plan to read the course materials, references and review the post test before the start time. Please be prepared to share patient case study and related question during the discussion time.

Agenda Hour 1

Who gets carpal tunnel syndrome (CTS)? Risk factors and etiology
Anthropometrics of hand and wrist
Signs and symptoms, differential diagnosis of CTS
Evaluation and examination methods, medical diagnostic tests
Clinical Practice Guidelines (CPGs) for CTS: APTA, AAOS
From diagnosis to interventions: CPG
Recommendations
 Semmes-Weinstein monofilament test
 CTQ-SSS Carpal Tunnel Questionnaire
Symptom Severity Scale
 CTQ-FS Carpal Tunnel Questionnaire
Functional Scale
 Upper limb neurodynamic tests
 Stretch collapse test
 Vibration sense test
 DASH Disabilities of the Shoulder Arm
Hand test
 Dexterity tests
 Strength test, pinch, APB
 Phalen test
 Tinel Test
 2-point discrimination
Interventions
 Assistive technology

Orthoses
Biophysical agents: electrotherapy, light, ultrasound, iontophoresis, magnets
Manual therapy
 Exercise- Stretching, Nerve glides
Manual Therapy (MT) interventions
 Neurodynamic mobilization (manual or active nerve glides)
 CPGs covered only 3 studies
MT vs. surgery
MT research results for CTS

Agenda Hour 2

MT Neurodynamic mobilization, ULTT
MT/STM (soft tissue mobilization techniques and demonstrations)-
 Myofascial arm pull distraction
 Arm pull with neural glides in PNF diagonals
 MT- forearm muscle play
 Myofascial transverse carpal ligament release
 MT- negative pressure cupping therapy
 Case studies and actual CTS client videos
 Joint mobilization foundations
Evidence reviews for benefit of manual therapy
Case study using cupping for mobility impairment of wrist/hand
Conclusion, references, course evaluation

Post-test: 30 Minutes Research, identify, and submit your post test question answers on the online form. This is an open book test you can take multiple times if needed to obtain the 70% score. Complete the evaluation feedback survey and needs assessment. Obtain, review and save your auto-emailed certificate for your files.